



Dear Parents/Carers

Hello and welcome to our final newsletter of this half term! We have had a fantastic start to this academic year and cannot believe how quickly it has flown by. We hope you all have some lovely plans for half term and the weather is kind so you can get out and about.

### **YEAR 5/6 FOOTBALL:**

Having won their cluster tournament, the Year 5/6 football team attended Thirsk Secondary School on Wednesday 22nd October to play against all the other cluster winners in a Hambleton final. The standard of play was very high and the team had to dig really deep. The results were as follows:

Easingwold v Topcliffe 1 - 2  
Easingwold v Broomfield 0 - 2  
Easingwold v Sowerby 0 - 2  
Easingwold v Hutton Rugby 0 - 5  
Easingwold v Roseberry 0 - 0  
Easingwold v Appleton Wiske 0 - 1  
Easingwold v Applegarth 3 - 0  
Easingwold v South Otterington 1 - 0

This placed us overall 10th out of 66 primary schools in North Yorkshire. We are very proud of what they have achieved!

### **COMPETITION WINNERS!:**

I am delighted to inform you that this photo from our website that we entered into a reading competition was the winner and we have won a £150 selection of books for our school library.



### **CO-OP COMMUNITY FUND:**

I am also thrilled to inform you that our application to be part of the Co-op Community Fund has been successful and we will be able to fundraise for the full year through the Co-op. To help us raise funds, please share the following information with friends, family and neighbours:

Co-op members can support our project by selecting us in their app. If you are not a member, sign up for a Co-op card or use the app. It costs just £1 to become a member. Click here to join:

[https://www.coop.co.uk/membership?utm\\_source=coop.co.uk&utm\\_medium=referral&utm\\_campaign=CoopNavigation&utm\\_content=Membership](https://www.coop.co.uk/membership?utm_source=coop.co.uk&utm_medium=referral&utm_campaign=CoopNavigation&utm_content=Membership)

#### **How to select your cause using the website:**

1. **Sign in:** Go to the Co-op's membership website and sign in to your account.
2. **Find the causes section:** From your membership dashboard, look for and select the option to "Choose a local cause".
3. **Search for a cause:** You can browse the local causes in your area or search for a specific cause you want to support.
4. **Confirm your choice:** Once you have found the cause, select "Start supporting this cause" to confirm your selection.

#### **How to select your cause using the Co-op App:**

1. **Download and log in:** Open the Co-op App on your smartphone and log into your account.
2. **Go to the 'Wallet' tab:** In the app, navigate to the "Wallet" section.
3. **Find the community rewards section:** Look for the "Rewards for your local community" section, which will give you the option to "change your chosen cause".
4. **Select your cause:** Choose your preferred local cause from the list to start supporting them.



We plan to use any money raised to further improve some of our play spaces. The final amount raised will determine what is possible but our wish list includes; a sand/digging pit, an improved KS2 football pitch that can be used in all weathers and a sensory garden.

## **SHOELACES:**

We are noticing a growing number of KS2 children who are unable to tie their own shoelaces. Please spend some time over half term teaching them this important skill to help them become more independent. Here is a useful video that may be of help:

<https://www.youtube.com/watch?v=VMZZuMwC4g4>

## **FINANCIAL SUPPORT:**

We are all seeing bills continually rise and money not going as far as it used to. Here are some money saving tips for Autumn:

### **Home and energy**

#### **Improve insulation:**

Seal drafts around windows and doors with weather stripping or a door excluder to prevent heat from escaping. For single-pane windows, consider applying a clear plastic insulating film.

#### **Adjust your thermostat:**

Set your thermostat to around 68F/20C when you are at home and lower it by 7-10F/3-5C when you are asleep or away, you can save about 1% on your heating bill by doing this.

#### **Use natural warmth and light:**

Open curtains and blinds on sunny days to let sunlight warm your home, and close them at night to trap heat inside.

#### **Switch to LED bulbs:**

Use energy-efficient LED bulbs, which use less electricity and last longer.

#### **Use power strips:**

Plug electronics into power strips with timers to turn them off completely when not in use, reducing "phantom load" energy consumption.

#### **Layer up:**

Put on an extra sweater before turning up the heat. It's a simple way to stay comfortable while reducing energy use.

### **Food and groceries**

#### **Buy seasonal produce:**

Take advantage of cheaper, fresher autumn produce like pumpkins, squash, apples, and root vegetables. Consider buying "wonky veg" boxes for further savings.

#### **Batch cook and freeze:**

Make large portions of hearty meals like soups, stews, and casseroles. Freeze individual portions for easy, low-cost meals later.

#### **Plan meals around deals:**

Check your supermarket's weekly flyers and build your meal plan around discounted items.

#### **Use cheaper proteins:**

Incorporate more affordable proteins like beans, lentils, chickpeas, and eggs into your meals.

#### **Switch to frozen:**

Frozen fruits and vegetables can be cheaper, last longer, and reduce food waste.

#### **Bake at home:**

Make your own bread, flapjacks, or apple crumble to save money compared to store-bought versions.

#### **Reduce food waste:**

Plan one "use it up" meal a week to clear out your fridge and prevent food from going to waste.

### **Entertainment and lifestyle**

#### **Enjoy free outdoor activities:**

Take advantage of cool weather with free activities like walking in the park or collecting conkers.

#### **Explore free local events:**

Check for free community events and activities happening in your area.

#### **Host a swap party:**

Instead of buying new clothes or books, organize a swap with friends to refresh your wardrobe or collection for free.

#### **Use the library:**

Revisit your local library for free books, e-books, audiobooks, and even games or craft kits.

#### **Bring your own snacks:**

Pack your own snacks and lunches for day trips or outings to avoid buying expensive convenience food.

### Have cosy nights in:

Skip expensive nights out and opt for a movie night at home with blankets and homemade popcorn, or play board games.

### Finances and shopping

#### Review subscriptions:

Go through your subscriptions and cancel any you no longer use. Look for cheaper or free alternatives.

#### Declutter and sell:

Go through your home and sell any unwanted items online or at a car boot sale for extra cash.

#### Negotiate bills:

Contact your insurance, mobile, and internet providers to see if you can negotiate a better rate, especially as a loyal customer.

#### Create a budget:

Use a budgeting app or software to track your spending and identify areas where you can cut back.

### Reducing Christmas spending

#### Cut down on gifts:

Talk to friends and family about reducing or eliminating gift-giving, especially for wider circles, and suggest alternatives like cards or a Secret Santa.

#### Set gift limits:

Agree on a maximum spending amount for gifts to avoid overspending.

#### Plan:

Make lists and stick to them to avoid last minute expensive gift buying.

### SEN SPOTLIGHT:

Please could we ask that fiddle toys and chew buddies are not sent in from home. Teachers will talk to you if they feel the need for a child to have either of these in school. Thank you.

### HEAD LICE:

We currently have a number of cases of head lice in school. Please may we ask that you check your child's hair thoroughly over half term and take any remedial action if necessary. Thank you for your support with this.

<https://www.nhs.uk/conditions/head-lice-and-nits/>

### KS2 YOUNG VOICES - FINAL REMINDER:

Thank you to those of you who have submitted your orders for adult tickets and children's t-shirts through the Young Voices Music Room. **The final order will be confirmed on Friday 31<sup>st</sup> October.** Please ensure that you have accessed the Music Room (link below) and have ordered any adult tickets required and any children's t-shirts by this date. Please look for the 'shop' section of the Music Room and here you will be able to buy tickets/t-shirts. After this date parents/carers will need to contact Young Voices separately to place any orders.

Music Room link: <https://yvmusicroom.com/auth/parent/login>

Please note that you do not need to buy tickets unless you are a family member wishing to travel to Sheffield to watch the performance. Children do not need tickets and they do not have to wear the official Young Voices t-shirts; they are allowed to plain white ones if they wish.

### FACE FAMILY ADVICE:

Please see below for some parent courses which may be of interest to you:

November Timetable	
All sessions delivered live online via zoom. 90 minutes long	
<b>£24 each or FREE with School Membership</b>	
Book online at <a href="http://facefamilyadvice.co.uk">facefamilyadvice.co.uk</a>	
Recordings available for 48 hours (excluding Free Talk)	
Raising Self Esteem	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting Healthy Sleep	4 Nov 10am
Understanding the Teenage Brain	4 Nov 7pm
Improving Family Communication	10 Nov 10am
Autism - Improving Communication	10 Nov 7pm
Understanding Addictive Behaviour	11 Nov 10am
Supporting A Child with ADHD	11 Nov 7pm
<b>FREE ADHD Kids &amp; Homework</b>	<b>13 Nov 6-7pm</b>
Understanding Anger	17 Nov 10am
Supporting Healthy Screen Use	17 Nov 7pm
Facing Defiance	18 Nov 10am
Anxiety Based School Avoidance	18 Nov 7pm
Cannabis and Ketamine Awareness	24 Nov 10am
Anxiety Explained	24 Nov 7pm

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

## PUMPKIN COMPETITION:

Well done to all who entered our Pumpkin Carving Competition today, they are all fabulous! We are very pleased to announce our winners below:

**Reception: Eloise J**

**KS1: Ezra R**

**KS2: Edith B**



## NEW MENU:

We have a new menu launching after half term - you can find a full copy of this at the end of the newsletter. **We will be starting on WEEK 3 when we return** and this menu will run all the way until Easter.

On Monday 3rd November we will be having a special Halloween lunch as below:

Halloween Monster Burger

Or

Mummy Sausage (V)

With Witches Broomsticks and Blood Beans

Followed by

Zombies Brain and I-Scream

Or Cobweb Oaty Slice

**\*Freaky Sand-witch or Potato in Jacket  
as normal on this day\***



## HEADTEACHER'S AWARD:

This week I would like to give special recognition to:

Arthur C - for excellent vocabulary and playing and learning time.



## POPPY APPEAL:

We are very pleased to say that we are supporting the Royal British Legion Poppy Appeal again this year. From today our Charity Ambassadors will be selling poppies and accessories each lunchtime so please send your child in with their money if they wish to make a purchase. Please see below the suggested donations for items:

**\*Slap bands - £1**

**\*Rulers, Rubbers, Pencil Sharpeners, Wrist bands, Zip Tags and Reflective Tags - 50p**

**\*Poppies/stickers - donation**

Thank you in advance for your support.



## AND FINALLY...

I am sorry to inform you that we are saying goodbye to Miss Harragan today, she has made the very difficult decision to move back to London to be closer to family. She will be sorely missed by us all and I would like to take this opportunity to thank her for her dedication and hard work. We wish her well as she moves on. Mrs Samantha Rhodes will be taking over her new role in the near future.

Have a lovely half term break.

Mrs A Parratt  
Headteacher

Your support for your child's education is crucial to their progress. Please let us know if there are any adjustments we need to make to help you support your child, for example: letters in large font; in different languages; wheelchair access; explaining things over the phone?

Spare newsletters are available in the rack outside the school office, together with holiday forms and permission to administer medicine forms. Tel: 01347 821282 email: admin@easingwoldprimary.co.uk.

# Autumn/Winter Menu Week 1



WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken, Gravy, Stuffing & Mashed Potato	Tomato & Cheese Pizza & Home-baked Potato Wedges	Fish Fingers & Chips
Vegetarian Main Meal	Macaroni Cheese	Italian Veggie Meatballs in Tomato Sauce with Pasta <sup>vg</sup>	Creamy Bean & Vegetable Crumble with Mash Potatoes	Vegetable Sausage in a Bun with Home-baked Potato Wedges <sup>vg</sup>	Vegetable Fingers & Chips
Sandwiches/ Wraps	Cheese or Ham Wrap	Tuna or Cheese Sandwich	Ham or Cheese Bap	Tuna or Cheese Sandwich	Ham or Cheese Wrap
Vegetables	Baked Beans & Sweetcorn	Mixed Vegetables	Seasonal Greens & Carrots	British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans
Dessert	Ginger Shortbread <sup>vg</sup>	Chocolate & Pear Crumble <sup>vg</sup> & Custard	Strawberry Jelly <sup>vg</sup>	Oaty Cookie	Rice Pudding

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt



England's target for 'free sugar' intake for your child  
 Recommended fruit and vegetable portion sizes are calculated using School Food Standards.  
 On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.



## Autumn/Winter Menu Week 2

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	Pork Sausage & Mash with Gravy	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken & Gravy, Yorkshire Pudding & Roast Potatoes	Margherita Pizza & Homemade Potato Wedges	Battered Fish & Chips
Vegetarian Main Meal	Cauliflower, Sweet Potato & Chickpea Curry with Rice <sup>vg</sup>	Veggie Sausage & Baked Bean Hot Pot <sup>vg</sup>	Stuffed Yorkshire Pudding with Roasted Winter Vegetable Casserole & Roast Potatoes <sup>vg</sup>	Loaded Potato Skins with Cheese & Spring Onion	Roast Mediterranean Vegetable, Tomato & Mozzarella Tart
Sandwich/Wraps	Ham or Cheese Sandwich	Tuna or Cheese Wrap	Ham or Cheese Baguette	Tuna or Cheese Wrap	Ham or Cheese Bap
Vegetables	Broccoli & Sweetcorn	Broccoli & Cauliflower	Seasonal Greens & Carrots	British Red Tractor Garden Peas, or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans
Dessert	Shortbread Pin Wheels & Fruit Slices <sup>vg</sup>	Chocolate Fudge Cake	Ginger Sponge & Custard	Flapjack <sup>vg</sup>	Chocolate Mousse

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt



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# Autumn/Winter Menu Week 3

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	Beef Burger with Herbie Diced Potato	Mild Chicken Curry served with Mixed Rice	Savoury Mince & Mash Potato and Yorkshire Pudding	Margherita Pizza with Home-baked Potato Wedges	Fish Fingers & Chips
Vegetarian Main Meal	Roasted Butternut, Pepper & Tomato Dhal with Mixed Rice & Flatbread <sup>vg</sup>	Vegetable Sausage Hotdog served with Home-baked Wedges	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Sweet & Sour Vegetables & Sunny Rice <sup>vg</sup>	Crispy Vegetable Fingers & Chips <sup>vg</sup>
Sandwiches/Wraps	Ham or Cheese Bap	Tuna or Cheese Baguette	Ham or Cheese Sandwich	Tuna or Cheese Wrap	Ham or Cheese Sandwich
Vegetables	Sweetcorn, & Broccoli	Green Beans & Cauliflower	Seasonal Greens & Carrots	Mixed Veg	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans
Dessert	Chocolate Oaty Slice <sup>vg</sup>	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls	Vanilla Cookie & Fruit Slices <sup>vg</sup>	Iced Sponge Cake with Sprinkles

**Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt**

Portion(s) of fruit or veg

Source of wholegrain

Contains plant-based proteins

50% fruit

Oily fish

Vegan

VG

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## ***AUTUMN TERM DIARY DATES:***

Secret Santa Donation Day - Non Uniform: Friday 7th November

Individual School Photographs: Thursday 13th November

Year 5/6 trip to Howsham Mill (Mrs Hannam's Class): Friday 14th November

Year 5/6 trip to Howsham Mill (Mr Sleightholme's Class): Monday 17th November

Year 5/6 trip to Howsham Mill (Mrs MacFadyen's Class): Tuesday 18th November

Year 6 Crucial Crew: Thursday 20th November (letter to follow)

Reception Christmas Show: Tuesday 2nd December 2.30pm (letter to follow)

Reception Christmas Show: Wednesday 3rd December 2.30pm (letter to follow)

Secret Santa Shopping Day: Friday 5th December

Year 2 trip to Flamingo Land: Tuesday 9th December (letter to follow)

Year 1 Nativity: Wednesday 10th December 2pm (letter to follow)

Year 1 Nativity: Thursday 11th December 2pm (letter to follow)

Year 2 Christmas Play: Tuesday 16th December 1.30pm (letter to follow)

Year 2 Christmas Play: Wednesday 17th December 1.30pm (letter to follow)

### **Easingwold Library Visits**

<b>Date</b>	<b>Classes visiting</b>
Monday 3rd November	Mrs Cooper & Miss Housley
Monday 10th November	Mrs O'Neill & Mrs Scott-Mills
Tuesday 11th November	Miss Ripton
Thursday 13th November	Mrs Robson-Beck & Miss Galtrey
Monday 24th November	Mrs Hargreaves & Mrs Hannam
Tuesday 25th November	Miss Mossop
Thursday 27th November	Mr Sleightholme & Mrs MacFadyen

## ***SPRING TERM DIARY DATES:***

KS2 Young Voices in Sheffield: Friday 30th January

Year 6 Bewerley Park Residential: Monday 9th February - Friday 13th February

Year 5 Liverpool Residential: Monday 23rd March - Wednesday 25th March

Year 4 East Barnby Residential: Wednesday 20th May - Friday 22nd May